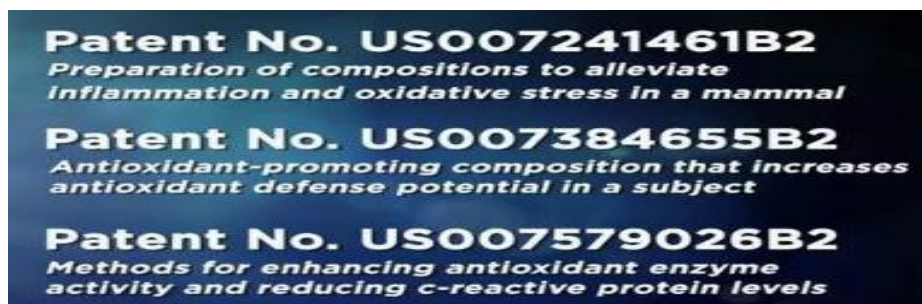


Protandim®是由美國享有聲望科學家喬麥可博士 (Dr. Joe McCord -

[http://en.wikipedia.org/wiki/Joe\\_Milton\\_McCord](http://en.wikipedia.org/wiki/Joe_Milton_McCord) (March 3, 1945-) is an American biochemist and current Professor of Medicine, Biochemistry, Biophysics, Molecular Genetics, Microbiology and Immunity at the University of Colorado at Denver. He is most famous for his discovery, along with Irwin Fridovich, of the enzyme superoxide dismutase.<sup>[1][2]</sup> For this work, Dr. McCord has earned numerous awards and recognition. He has been a member of the board of directors of the LifeVantage Corporation (makers of the dietary supplement Protandim) since 2006.) 歷經數十年臨床的試驗，是獲得醫學證實能夠降低細胞衰老達40%，是當今最具有抗氧化酵素 (Antioxidants) 的保健食品。

Dr. McCord – The founder: <http://www.lvnmedia.com>

美國LifeVantage <http://www.lifevantage.com/> 公司擁有Protandim®的三項美國專利：



## 專利：

1. 有效降低自由基 (Free Radical) 的傷害，提高體內的穀胱甘肽 (Glutathione - <http://en.wikipedia.org/wiki/Glutathione>) 達三百倍之多，降低我們體內的氧化應激 (Low oxidative stress)。抗氧化，平衡自由基，活化您的細胞。
2. 抗衰老的能力：Protandim®之所以特殊，在於它利用您自體細胞抗氧化酶的再生，可使紅血球內的SOD活性增強，減緩細胞老化過程，重返青春恢復二十歲的體能狀態，達到抗老回春的作用。
3. 強化血球細胞活性，抗氧化效率遠遠超過食物攝取食物或其他一般維他命吸收，維護心血管健康，安神利眠，健腦益智，改善體質，延年益壽。

Protandim®每粒膠囊含有五種天然純植物成分：乳薊 (Milk Thistle) 提萃物，腦力素 (Bacopa)，睡茄 (Ashwagandha)，綠茶素 (Green Tea)，薑黃素 (Turmeric extract)，科學醫學界公認超級抗氧化功能，本產品是純天然專利配方，無人工的添加劑，美國製造的抗養化的保健聖品。

## Protandim的成分與醫學效力

(石力生/Peter Stone 摘錄自 Wikipedia, the free encyclopedia, May 26 2011)

Protandim is a patented dietary supplement marketed by LifeVantage Corporation (formerly LifeLine Therapeutics and Yaak River Resources, Inc), a multilevel marketing company.<sup>[1]</sup> The manufacturers of Protandim claim the product

Info Courtesy of: <http://www.WealthWellness.com>

can indirectly increase [antioxidant](#) activity by upregulating [endogenous](#) antioxidant factors such as the enzymes [superoxide dismutase](#) (SOD) and [catalase](#), as well as the tripeptide [glutathione](#), and by activation of the [Nrf2](#) pathway.

## Composition 五種天然純植物成分

Protandim was invented by Paul R. Myhill and William J. Driscoll.<sup>[3]</sup> and is produced under a manufacturing agreement with The Chemins Company of Colorado Springs, Colorado.<sup>[4]</sup> The product consists mainly of a blend of 5 ingredients (amounts per caplet listed in parentheses):

- [Milk thistle](#) (*Silybum marianum*) extract (225 mg)
- Bacopa (*Bacopa monniera*) extract (150 mg)
- Ashwagandha (*Withania somnifera*) root (150 mg)
- Green tea (*Camellia sinensis*) extract (75 mg)
- [Turmeric](#) (*Curcuma longa*) extract (75 mg)

Additional ingredients include: calcium, croscarmellose sodium, magnesium stearate, microcrystalline cellulose, modified cellulose, silica, and stearic acid.

### 1. Milk thistle 乳薊 225 mg



From Wikipedia, the free encyclopedia [石力生摘自維基百科網站](#)

The **milk thistle** is a [thistle](#) of the genus *Silybum* Adans., a [flowering plant](#) of the daisy family ([Asteraceae](#)). They are native to the [Mediterranean](#) regions of Europe, [North Africa](#) and the [Middle East](#). The name "milk thistle" derives from two features of the leaves: they are mottled with splashes of white and they contain a milky sap.<sup>[1]</sup>

**The seeds of the milk thistle have been used for 2000 years to treat [chronic](#) (慢性)liver disease and protect the liver against toxins(毒素)<sup>[1][2]</sup> Increasing research is being undertaken on the [edit] Description and classification**

自古地中海北非及中東用乳薊種子治療慢性肝病已有兩千多年歷史



For many centuries extracts of milk thistle have been recognized as "liver tonics".<sup>[6]</sup> Research into the biological activity of silymarin and its possible medical uses has been conducted in many countries since the 1970s, but the quality of the research has been uneven.<sup>[3]</sup> Milk thistle has been reported to have protective effects on the [liver](#) and to greatly improve its function. It is typically used to treat [liver cirrhosis](#), chronic [hepatitis](#) (liver inflammation), toxin-induced liver damage (including the prevention of severe liver damage from [Amanita phalloides](#) ('death cap' mushroom poisoning), and [gallbladder](#) disorders.<sup>[5][10]</sup>

### Toxin-induced liver damage

Research suggests that milk thistle extracts both prevent and repair damage to the liver from toxic chemicals and medications. Workers who had been exposed to vapors from toxic chemicals ([toluene](#) and/or [xylene](#)) for 5–20 years were given either a standardized milk thistle extract (80% silymarin) or placebo for 30 days.<sup>[15]</sup> The workers taking the milk thistle extract showed significant improvement in liver function tests ([ALT](#) and [AST](#)) and [platelet](#) counts vs. the placebo group.

### Other uses 其他醫學用途

Beside benefits for liver disease, other unproven treatment claims include:

- Used as a post (oral steroid) cycle therapy for body builders<sup>[citation needed]</sup> and/or in the hopes of reducing or eliminating liver damage<sup>[citation needed]</sup>
- Lowering [cholesterol](#) levels<sup>[22]</sup>
- Reducing [insulin](#) resistance in people with type 2 [diabetes](#) who also have cirrhosis,<sup>[22][23][24]</sup>
- **Reducing the growth of cancer cells in breast, cervical, and prostate cancers.**<sup>[25]</sup>
- Used in many products claiming to reduce the effects of a [hangover](#)<sup>[26]</sup>
- Used by individuals withdrawing from opiates, especially during the Acute Withdrawal Stage.<sup>[citation needed]</sup>
- Reducing liver damaging effects of chemotherapeutic drugs<sup>[17]</sup>
- Clinical study has shown that liver function tests can be improved in active hepatitis patients.<sup>[27]</sup>
- silymarin may have use, potentially, in the treatment of [diabetic nephropathy](#).<sup>[28]</sup>

## 2. Bacopa monnieri 腦力素 150mg

From Wikipedia, the free encyclopedia

*Bacopa monnieri*



Info Courtesy of: <http://www.WealthWellness.com>

## Scientific classification

*Bacopa monnieri* (Coastal Waterhyssop, Brahmi, Thyme-leaved gratiola, Water hyssop) is a [perennial](#), creeping [herb](#) whose habitat includes wetlands and muddy shores. *Brahmi* is also the name given to [Centella asiatica](#), particularly in north India,<sup>[2][3]</sup> although that may be a case of mistaken identification that was introduced during the 16th century.<sup>[4]</sup>

## Description



*Bacopa monnieri* in [Hyderabad, India](#).

The [leaves](#) of this plant are succulent and relatively thick. Leaves are oblanceolate and are arranged oppositely on the stem. The [flowers](#) are small and white, with four or five petals. Its ability to grow in water makes it a popular [aquarium](#) plant. It can even grow in slightly [brackish](#) conditions. Propagation is often achieved through cuttings.

## Medicine

This plant has a number of uses in [Ayurveda](#) – see <http://en.wikipedia.org/wiki/Ayurveda> It is a traditional treatment for [epilepsy](#) 癲癇; 羊癇風 and [asthma](#). 哮喘<sup>[5]</sup> It has [antioxidant](#) properties, 抗氧化成分 reducing oxidation of fats in the bloodstream.<sup>[5]</sup> However, anti-epilepsy properties seem to be in very high toxic and near lethal doses, so it's only used—at much lower non-toxic dosage—as an additive to regular epilepsy medication. Studies in humans show that an extract of the plant has [antianxiety](#) effects.<sup>[5][6]</sup>

### 3. *Withania somnifera* (Ashwagandha 睡茄) 150mg

From Wikipedia, the free encyclopedia

#### *Withania somnifera*



Ashwagandha plant at [Talkatora garden, Delhi](#)

*Withania somnifera*, also known as Ashwagandha, **Indian ginseng**, Winter cherry, Ajagandha, Kanaje Hindi, Amukkara in Tamil and Samm Al Ferakh, is a plant in the [Solanaceae](#) or nightshade family.

## Claimed medicinal uses 醫學用途

### Ayurveda

In [Ayurveda](#), the roots of *W. somnifera* are used to prepare medicinal Ashwagandha. It is claimed to possess aphrodisiac, sedative, rejuvenative and life prolonging properties. It is traditionally used to treat the following **symptoms and conditions**, although there are few scientific studies of the health benefits of Ashwagandha:<sup>[2][3]</sup>

- chronic fatigue 慢性疲勞
- dehydration 失水
- bone weakness
- muscle weakness and tensio
- loose teeth<sup>[2][3]</sup>
- thirst<sup>[2][3]</sup>
- [impotency](#) 無力
- premature ageing<sup>[2][3]</sup>
- emaciation<sup>[2][3]</sup>
- debility<sup>[2][3]</sup>
- constipation<sup>[2][3]</sup>
- senility<sup>[2][3]</sup>
- rheumatism<sup>[2][3]</sup>
- nervous exhaustion<sup>[2][3]</sup>
- **memory loss**<sup>[2][3]</sup>
- neurodegenerative disorders<sup>[4]</sup>
- [spermatorrhoea](#)<sup>[2][3][5]</sup>

The berries can be used as a substitute for [rennet](#), to coagulate milk in [cheese](#) making.<sup>[2]</sup> The berries and leaves are traditionally used a topical treatment for tumors and tubercular glands, carbuncles and ulcers.<sup>[2][6][7]</sup>

While Ashwagandha is claimed to have a wide variety of health benefits, there have been few clinical trials to test these claims. Studies completed so far support that *W. somnifera* may possibly be beneficial for:

- easing drug withdrawal symptoms<sup>[8]</sup>
- reducing anxiety<sup>[9]</sup>
- reducing arthritis pain in the knee<sup>[10][11]</sup>

In addition, there are registered clinical trials in progress to determine if *W. sominifera* is useful for treating:

- **Tuberculosis**<sup>[12]</sup> 結核病
- **Parkinsons Disease**
- **Bone Cancer**<sup>[14]</sup>
- **Bipolar disorder**<sup>[15]</sup>
- **Diabetes**<sup>[16][17]</sup>
- **improve the well-being of the elderly and breast cancer patients undergoing chemotherapy**<sup>[18][19]</sup>

Seven American and four Japanese firms have filed for grant of patents on formulations containing extracts of the herb Ashwagandha. It is also found in Nepal

## 4. Camellia sinensis – Chinese Green Tea

### 中國綠茶的兒茶素 75mg

From Wikipedia, the free encyclopedia

*Camellia sinensis*



*Camellia sinensis* foliage

*Camellia sinensis* is the [species](#) of [plant](#) whose leaves and leaf buds are used to produce Chinese [tea](#). It is of the genus [Camellia](#) ([Chinese](#): 茶花; [pinyin](#): *Cháhuā*), a genus of flowering plants in the family [Theaceae](#). [White tea](#), [green tea](#), [oolong](#), [pu-erh tea](#) and [black tea](#) are all harvested from this species, but are processed differently to attain different levels of [oxidation](#). [Kukicha](#) (twig tea) is also harvested from *Camellia sinensis*, but uses twigs and stems rather than leaves. Common names include tea plant, tea tree, and tea shrub.

### Chinese teas **Medical uses** 醫學用途

Main article: [Health effects of tea](#)

- The leaves have been used in [traditional Chinese medicine](#) and other medical systems to treat [asthma](#) (functioning as a [bronchodilator](#)), [angina pectoris](#), [peripheral vascular disease](#), and [coronary artery disease](#).
- Tea extracts have become a field of interest, due to their notional antibacterial activity. The preservation of processed organic food and the treatment of persistent bacterial infections are particularly being investigated.
- Green tea leaves and extracts have shown to be effective against bacteria responsible for bad breath.
- The tea component [epicatechin](#) 兒茶素 [gallate](#) is being researched because *in vitro* experiments showed it can reverse [methicillin](#) resistance in bacteria like *Staphylococcus aureus*. If confirmed, this means the combined intake of a tea extract containing this component might also enhance the effectiveness of methicillin treatment against some resistant bacteria

## Health effects of tea

Info Courtesy of: <http://www.WealthWellness.com>

From Wikipedia, the free encyclopedia

The **health effects of tea** have been examined ever since the first infusions of *Camellia sinensis* about 4700 years ago in China. The legendary emperor [Shennong](#) 神農 claimed in *The Divine Farmer's Herb-Root Classic* that *Camellia sinensis* infusions were useful for treating conditions including [tumors](#) 腫瘤, [abscesses](#) 膿瘡, [bladder](#) ailments 膀胱病痛, and [lethargy](#) 昏睡;<sup>[1]</sup> Possible beneficial health effects of tea consumption have been suggested and supported by some studies, but others have found no beneficial effects. The studies contrast other claims, including antinutritional effects such as preventing [absorption](#) of [iron](#) and [protein](#), usually attributed to [tannin](#). The vast majority of studies have been of [green tea](#); however, some studies have been made of the other types of tea derived from *Camellia sinensis*, such as [white](#), [oolong](#), and [black tea](#). **Green tea 綠茶功效** has been claimed<sup>[2]</sup> to be helpful for [atherosclerosis](#) 動脈硬化, [LDL cholesterol](#) 降低膽固醇, [cancer](#) 癌症, [inflammatory bowel disease](#), 腸子疾病 [diabetes](#) 糖尿, [liver disease](#) 肝病, [weight loss](#), 減重 [neurodegenerative diseases](#), and even [halitosis](#). 口臭

## 5. Turmeric 薑黃素 75mg

From Wikipedia, the free encyclopedia



### Scientific classification

**Turmeric** (*Curcuma longa*) is a [rhizomatous herbaceous perennial plant](#) of the [ginger](#) family, [Zingiberaceae](#).<sup>[2]</sup> It is native to [tropical South Asia](#) and needs temperatures between 20 °C and 30 °C and a considerable amount of annual rainfall to thrive.<sup>[3]</sup> Plants are gathered annually for their [rhizomes](#), and propagated from some of those rhizomes in the following season.

### **Preliminary medical research** 醫學用途

Turmeric **薑黃素** is currently being investigated for possible benefits in [Alzheimer's disease](#), [老年癡呆症](#)<sup>[7]</sup> [cancer](#), [癌症](#)<sup>[8]</sup> [arthritis](#) 關節炎, and other clinical disorders.<sup>[9]</sup> As an example of preliminary laboratory research, turmeric ameliorated the severity of [pancreatitis](#)-associated lung injury in mice.<sup>[10]</sup>

In the latter half of the 20th century, [curcumin](#) 薑黃素 was identified as responsible for most of the biological effects of turmeric. According to a 2005 article in the [Wall Street Journal](#), research activity into curcumin and turmeric is increasing, with supplement sales increased 35% from 2004. The U.S. [National Institutes of Health](#) currently has

registered 19 clinical trials underway to study use of dietary turmeric and curcumin for a variety of clinical disorders (dated February 2010).<sup>[11]</sup>



Turmeric rhizome 薑黃根莖

## 十五個以上大學基金熱烈研究的 Protandim 專利成份何以有其驚人強力抗氧效力，改善健康延年益壽的奧秘

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Protandim has been studied by numerous universities in their own funded trials because scientists who know about **the true science of oxidative stress are so excited about the potential**. These 15 universities include:

University of Colorado  
Denver Health Medical Center  
Children's Hospital, Denver  
Virginia Commonwealth University  
Colorado State University  
University of Florida  
University of Kentucky  
University of Michigan  
Louisiana State University  
Ohio State University  
Vanderbilt University  
Glamorgan University, Wales  
Sahlgrenska Univ Hospital, Goteborg, Sweden  
University Hospital, Brno, Czech Republic  
Mexican Institute of Soc Security, Mexico City

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